

# Sahuarita PARKS & RECREATION PROGRAM GUIDE

## FALL AND WINTER 2015

### CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS!



TWO TO TANGO, Pg. 4

#### HOW TO REGISTER:

Unless otherwise noted, all classes and programs are available for registration at [sahuaritaaz.gov/ParksandRec](http://sahuaritaaz.gov/ParksandRec) or walk-in at Anamax Recreation Center, 17501 S. Camino De Las Quintas.

Find us on social media for new information, cancellations and promotions.





# Youth Programs

## A Lot for Tots

A Lot for Tots provides preschoolers with the opportunity to engage socially in a structured learning and play environment. This class exposes children to age-appropriate recreational activities including music, cooperative games, and outdoor playtime all while strengthening listening, learning and sharing skills.

**Location:** Anamax Recreation Center  
**Age:** 3 to 5 years

**Days & Time:** M/W 8 – 10 a.m.  
**Dates & Fee:** 8/10 – 9/16 \$165 per session  
*No class Labor Day 9/7*  
9/21-10/28 \$180 per session  
11/2-12/9 \$165 per session  
*No class Veterans Day 11/11*

**Days & Time:** T/Th 9 – 11 a.m.  
**Dates & Fee:** 8/11 – 9/17 \$180 per session  
9/22-10/29 \$180 per session  
11/3-12/10 \$165 per session  
*No class Thanksgiving 11/26*

Focus on awareness of self and others and engage in active learning.

## Karate

The Sahuarita Academy of Martial Arts (SAMA) LLC teaches introductory six-week SAMA Karate sessions for pee wee, junior and pre-teens. Classes focus on teaching basic karate skills, coordination, listening and self-discipline.

**Location:** Anamax Recreation Center

**Pee Wee Classes**  
**Age:** 4 to 6 years  
**Day & Time:** Saturday 9:30 – 10:15 a.m.

**Junior Classes**  
**Age:** 7 to 9 years  
**Day & Time:** Saturday 10:15 – 11:15 a.m.

**Pre-teen Classes**  
**Age:** 10 to 12 years  
**Day & Time:** Saturday 11:15 a.m. – 12:15 p.m.

**Dates:** 8/22– 9/19  
*No class Fiesta Sahuarita 9/26*  
10/17-11/21  
*No class Thanksgiving 11/26*

**Fees:** \$60 (Plus \$20 for shirt purchased from instructor)

## FLIP Gymnastics Lessons

FLIP Gymnastics offers private and semi-private tumbling lessons for children and teens.

**Location:** Anamax Recreation Center  
**Age:** 5 to 17 years

**Days & Time:** Wednesday 4 – 7 p.m.  
**Dates:** 8/5 – 9/30

**Days & Time:** Wednesday 4 – 6 p.m.  
**Dates:** 10/7 - 11/25

**Days & Time:** Friday 5 – 7 p.m.  
**Dates:** 8/7 - 9/25  
10/2 - 11/27

**Fee:**

No. of Students	30 Minutes Per Student	One Hour Per Student
1	\$23	\$33
2	\$19	\$26
3	\$16	\$20
4	\$13	\$16

**Register:** Call Lou Regalado 956-884-9689 or email louregalado@yahoo.com for details and to schedule lessons.

## Wiggle Waggle Little Worms

The focus of Wiggle Waggle Little Worms is on large motor skill development. Children and parents share songs, play games and participate in age-appropriate obstacle courses. Active parent participation is required.

**Location:** Anamax Recreation Center  
**Age:** 9 to 18 months

**Day & Time:** Wednesday 10 – 10:45 a.m.  
**Dates & Fee:** Ongoing \$5 per class

## Wiggle Waggle Bigger Worms

The focus of Wiggle Waggle Bigger Worms is defining advanced large motor skill development. Children and parents share songs, play games, and participate in age-appropriate obstacle courses. Active parent participation is required.

**Location:** Anamax Recreation Center  
**Age:** 18 to 36 months

**Day & Time:** Tuesday 11:15 a.m. – 12 p.m.  
**Dates & Fee:** Ongoing \$5 per class

## Youth Ballroom

Bravo Ballroom Dance offers ballroom dance classes for children and teens. This class covers the cha-cha, samba, jive, and waltz.

**Location:** Anamax Recreation Center

**Age:** 7 to 12 years  
**Day & Time:** Tuesday 4:30 – 5:20 p.m.  
**Dates & Fee:** 10/13 – 12/15 \$75  
*No class 11/24*

**Age:** 13 to 18 years  
**Day & Time:** Tuesday 5:30 – 6:20 p.m.  
**Dates & Fee:** 10/13 – 12/15 \$70  
*No class 11/24*

## Creative Dance

The Sahuarita Dance Center designs sessions for toddlers focused on awareness of self and others. Kids learn basic dance, coordination, rhythm, music and socialization skills.

**Location:** Anamax Recreation Center  
**Age:** 3 to 5 years

**Day & Time:** Monday 10 – 10:45 a.m.  
**Dates & Fee:** 8/10-9/14 \$37.50  
*No class Labor Day 9/7*  
9/21-10/26 \$45  
11/2-12/7 \$45

## Little Dragons Taekwondo

These classes focus on improving basic motor skills, listening skills and Taekwondo fundamentals. Students will also be exposed to positive social interactions. A student’s first uniform is free. A free trial class is available for interested students.

**Location:** Anamax Recreation Center  
**Age:** 3 to 5 years

**Day & Time:** T/Th 2:45 – 3:30 p.m.  
**Dates & Fee:** Ongoing \$45 per month

## Taekwondo

Southern Dragon Taekwondo offers martial arts classes for basic, intermediate and advanced skills. Classes focus on Taekwondo, fitness and self-defense. A student’s first uniform is free. A free trial class is available for interested students.

**Location:** Anamax Recreation Center  
**Age:** 6 + years

**Day & Time:** M/T/Th/F 3:30 – 4:30 p.m.  
**Dates & Fee:** Ongoing \$90 per month  
Family discount available

## NFL Punt, Pass and Kick

Participate in the NFL’s skills competition for boys and girls. Participants compete against each other in punting, passing and place kicking in a fun and engaging forum.

**Location:** Anamax Park, Field 4

**Age:** 6 to 15 years  
**Date & Time:** Sunday, 9/13 2 p.m.  
**Fee:** FREE

**Register:** Visit nflppk.com -- *Must bring confirmation email, waiver and a copy of participants birth certificate day of competition to participate.*



## Story Time

Parents, grandparents and caregivers of young children are welcome to attend our FREE story time. A partnership with United Way of Southern Arizona: children engage in active learning by reading, moving to music and art/craft projects.

**Location:** Anamax Recreation Center  
**Age:** All ages

**Day & Time:** M/F 11 – 11:45 a.m.  
**Dates & Fee:** Ongoing FREE

## Tiny Tykes Sports

A six-week session focused on basic sports skills. Children improve hand-eye coordination, gross motor and social skills.

**Location:** Anamax Recreation Center  
**Age:** 3 to 5 years

**Day & Time:** Friday 10 – 11 a.m.  
**Dates & Fee:** 8/14 – 9/18 \$45  
9/25-10/30 \$45  
11/6-12/11 \$37.50  
*No class 11/27*



# ADULT PROGRAMS

Fees for fitness classes may vary according to the instructor and dues are paid directly to the instructor at the time of class. Classes and schedules are subject to change. The current month's schedule is available on the Parks and Recreation monthly calendar at [sahuaritaaz.gov/ParksandRec](http://sahuaritaaz.gov/ParksandRec).

## Adult Softball League

Take me out to the ball game! Adult softball league starts this fall. Participants must be 18 or older. A mandatory meeting will take place Wednesday, August 26 at Anamax Recreation Center: Individual sign ups meeting at is at 6 p.m. with coaches meeting to follow at 6:30 p.m.

**Location:** Anza Trail Park  
**Registration & Fee:** In person at Anamax Recreation Center or online from 7/6 to 8/21  
\$250 team, \$30 individual

### Coed Softball

**Day & Time:** M/W 6:30, 7:35, and 8:40 p.m.  
**Dates:** 10-week season starts 9/2

### Men's Softball

**Day & Times:** T/Th 6:30, 7:35, and 8:40 p.m.  
**Dates:** 10-week season starts 9/1

## Brain Waves: The Mechanics of Child Development

UA Cooperative Extension invites parents with children 0-5 years old to learn about the impact you have on your child's developing brain.

**Location:** Anamax Recreation Center  
**Register:** Email [cassib@ag.arizona.edu](mailto:cassib@ag.arizona.edu) or call 520-648-0808

**Dates & Fee:** 9/15, 9/22, 9/29 FREE + childcare/dinner provided  
**Time:** 6 – 7:30 p.m.

## Zumba

Zumba is a fitness class with a fun, party-like atmosphere filled with music and dance movements to tone and sculpt the body. The easy learning environment blends cardio and muscle-toning movements to maximize the ability to burn calories at an intensive level while disguising the musical dance steps as exercise.

**Location:** Anamax Recreation Center  
**Register:** No registration, drop-in  
**Dates & Fee:** Ongoing \$5 per class

**Instructor:** Cicely "C.C." White-Lee  
**Day & Time:** Thursday 7 – 8 p.m.

**Instructor:** Miriam Rendon  
**Day & Time:** Wednesday 7 – 8 a.m.  
Saturday 7 – 8 a.m.



## Beginning Argentine Tango

You will learn basic steps, Tango techniques, and floor craft. No dance experience or partner required. Classes are ongoing and drop ins are welcome. Come in and start dancing!

**Location:** Anamax Recreation Center  
**Day & Time:** Monday 7 – 8 p.m.  
**Dates & Fee:** Ongoing \$7 per class

**Register:** No registration, drop-in  
**Instructors:** Beverly Tobiason and Chuck Soukup

## Round Dance

Round Dancing is sometimes referred to as choreographed ballroom dancing. This is not a beginner class; participants must have previous round dancing experience.

**Location:** Anamax Recreation Center  
**Day & Time:** Tuesday 7 – 9:30 p.m.  
**Dates & Fee:** Starts 11/3 \$6 per class

**Register:** No registration, drop-in  
**Instructor:** Lisa Wall

## Square Dance

The Beginning Square Dance lessons are for singles and couples. No experience required. Great exercise! Meet new friends! Casual attire: Wear comfortable clothes and shoes.

**Location:** Anamax Recreation Center  
**Age:** 13 years to adult

**Day & Time:** Wednesday 6 – 8 p.m.  
**Dates & Fee:** Starts 10/28 \$6 per class/\$5 monthly pre pay

**Register:** No registration, drop-in  
**Instructor:** Tom Crisp

## Taekwondo

Southern Dragon Taekwondo provides classes for basic, intermediate and advanced skills. Classes focus on fitness and self-defense. A student's first uniform is free. A free trial class is available.

**Location:** Anamax Recreation Center

**Day & Time:** M/T/Th/F 3:30 – 4:30 p.m.  
**Dates & Fee:** Ongoing \$90 per month (Family discount available)

# It Takes Two to Tango

Have you ever imagined yourself tangoing across the floor like Al Pacino in *Scent of a Woman*? Just grab your leading man, your festive attitude and get swept across the floor in one of the most sensuous dances in the world. Beware: reignited sparks of passion and romance have been known to occur!

So you don't think that you can dance? That's because you haven't learned how yet. Beverly Tobiason and Chuck Soukup will teach you how. "I had dreamed of dancing the tango for 20 years before I first stepped onto the dance floor," Tobiason said. Tobiason and Soukup met while dancing, and their romance sparked and has blossomed in the past 8 years.

The couple has performed in southern Arizona, Tucson and Nogales, Sonora. They have also traveled and danced across the nation, in Buenos Aires, and throughout Asia. "We have been able to connect with cultures who we do not share a language with, except for the language of tango," Tobiason said.

The Argentine tango is a social dance which intimately connects two people into an improvised balance. "Each dance is like a 3-minute love affair," Tobiason said. Health benefits abound, including not only working your muscles and improving balance, but also working your mind.

"As a lead, it is my job to know my steps and hers while making her look divine on the floor," Soukup said.

The dance has never been more popular in the United States, perhaps due to the popularity of "Dancing with the Stars." However, the Argentine tango began on the docks of Buenos Aires as a way for immigrants to share music, mourn their homelands, and especially to attract women by showing off dance moves. The dance gained respect and national appeal when embraced by Europe. Since then, it has taken the world by storm, and its popularity continues to grow.

Come join us Mondays from 7 – 8 p.m. at Anamax Park for camaraderie, encouragement, fun, and to learn how to dance the Argentine Tango. We'll work with you to improve dance skills even if you've never danced. Adults of all ages are welcome including singles. The instructors teach to the pace of student learning, so new students may join the class at any time. Dance or leather-soled shoes preferred. Women should wear a slight heel. Cost is \$7 per person per class. Slip on a pair of high heels, clutch a long-stemmed rose in your teeth, and join us in a tango across the floor.



ADULT PROGRAMS (CONT.)

Pilates

You will learn to effectively strengthen and train the back, abdominals and all of the core muscles that support the spine. You will quickly develop abdominal strength, improve postural alignment and balance. Many notice an improvement in their golf swing and have reduced back pain. Options to utilize the ball, weights and other equipment will be offered to further develop functional balance and strength. No experience required and all levels welcome. Please bring a mat and large towel to class.

<b>Location:</b>	Anamax Recreation Center	
<b>Day &amp; Time:</b>	Thursday	11:30 a.m. – 12:30 p.m.
<b>Dates &amp; Fee:</b>	Ongoing	\$7 per class
<b>Register:</b>	No registration, drop-in	
<b>Instructor:</b>	Karen Baker	

Pickleball Clinic

Pickleball is a combination of tennis, badminton and table tennis. Bring the entire family out to learn about pickleball.

<b>Location:</b>	Anza Trail School Tennis Courts	
<b>Day &amp; Time:</b>	Saturday	8 – 10 a.m.
<b>Dates &amp; Fee:</b>	8/8, 8/22, 9/12, 9/26	FREE
<b>Day &amp; Time:</b>	Saturday	9 – 11 a.m.
<b>Dates &amp; Fee:</b>	10/10, 10/24	FREE
<b>Day &amp; Time:</b>	Saturday	10 a.m. – 12 p.m.
<b>Dates &amp; Fee:</b>	11/14, 11/28, 12/12, 12/26	FREE

**Register:** No registration, drop-in

SilverSneakers®  
Strengthand Balance

SilverSneakers® Strength and Balance is a low-impact class designed to improve flexibility and balance while increasing muscular endurance. Strength exercises include lifting hand-held weights, stretching and body resistance using core muscles to improve stability.

<b>Location:</b>	Anamax Recreation Center	
<b>Day &amp; Time:</b>	T/Th	1:30 – 2:30 p.m.
<b>Dates &amp; Fee:</b>	Ongoing	\$4 <i>(Free w/Silversneakers® card)</i>
<b>Register:</b>	No registration, drop-in	
<b>Instructor:</b>	Wuanita Powers	

Sahuarita Hiking Club

Hit the local trails with an experienced hiking guide. Participants learn proper hiking techniques and interesting facts about desert wildlife.

<b>Day &amp; Hike:</b>	8/1 8/15 8/29 9/12 10/10 10/24 11/7*	Rogers Rock, Moderate, 5.5 miles Dutch John, Moderate, 4.4 miles Baldy Trail, Difficult, 5.5 miles Kent Springs, Difficult, 5.5 miles Gabe Zimmerman, Moderate, 5.8 miles AZ Trail North, Moderate, 6 miles Honey Moon Cottage, Difficult, 5.5 miles
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<b>Fee:</b>	\$35 for a six-month pass (includes shirt) or \$5 per hike (shirt not included)
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**Time & Location:** Depart from Anamax Recreation Center at 7 a.m.  
\*Except Honey Moon Cottage hike at 7:30 a.m.

Body and Core Conditioning

Take control of your health and strengthen your body. This class is broken into cardio, strength and core sections. All levels of fitness are welcome.

<b>Location:</b>	Anamax Recreation Center	
<b>Day &amp; Time:</b>	Saturday	8 – 9 a.m.
<b>Dates &amp; Fee:</b>	Ongoing	\$5 per class

**Register:** No registration, drop-in  
**Instructor:** Miriam Rendon

Circuit Training

This class is a full body workout using the latest techniques to promote total body fitness. A variety of methods from body weight exercises to hand-held weights, resistance bands, and other props are implemented to achieve personal fitness goals. With a strong emphasis on core and flexibility, all levels of fitness are welcome.

<b>Location:</b>	Anamax Recreation Center	
<b>Day &amp; Time:</b>	T/Th	7 – 8 a.m.
<b>Dates &amp; Fee:</b>	Ongoing	\$5 per class

**Register:** No registration, drop-in  
**Instructor:** Claire Long

First Aid/CPR/AED course

All classes follow American Heart Association Guidelines. Each passing participant receives a course completion card.

<b>Location:</b>	Anamax Recreation Center	
<b>Time:</b>	9 a.m. – 2:30 p.m.	
<b>Dates:</b>	8/15, 9/19, 10/17, 11/21, 12/19	
<b>Fees:</b>	\$50 CPR/First Aid/AED; \$35 CPR/AED \$30 First Aid	

**Register:** Call 520-625-9438

Hatha Yoga

Hatha yoga guides people to accept, create and maintain the body, mind and spirit. Practicing yoga provides strength, stamina, flexibility and relaxation. This includes dealing with stress and learning to be content and grateful—living in the moment. Open to all levels of students.

<b>Location:</b>	Anamax Recreation Center	
<b>Register:</b>	No registration, drop-in	
<b>Dates &amp; Fee:</b>	Ongoing	\$7 per class \$60 for 10 yoga bucks <i>(One yoga buck buys a class)</i>

<b>Instructor:</b>	Debbie Stenson	
<b>Day &amp; Time:</b>	Monday T/Th	5:30 – 6:45 p.m. 8:30 – 9:30 a.m.

<b>Instructor:</b>	Diana Makes	
<b>Day &amp; Time:</b>	Wednesday Thursday Friday	8:30 – 9:30 a.m. 5:30 – 6:45 p.m. 8:30 – 9:30 a.m.



Yin and Yang Yoga

Explore movement with breath (pranyama), natural energy (prana), and the ease of motion while practicing basic yoga stretches. Discover the mind-body connection through inhalation and exhalationnn. This class will start with active poses and move into a restorative practice. All levels are welcome and will enjoy this rejuvenating practice. Designed to be safe for all body types.

<b>Location:</b>	Anamax Recreation Center	
<b>Day &amp; Time:</b>	Wednesday	11:30 a.m. – 12:30 p.m.

<b>Dates &amp; Fee:</b>	Ongoing	\$7 per class
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**Register:** No registration, drop-in  
**Instructor:** Karen Baker



Chair Yoga and Strengthening

Chair Yoga is a great way to get the body moving for those who are disabled, recovering from an injury or have limited mobility. Join us for relaxation, stretching, strengthening, community and smiles. Through mindful movement, focused breath and guided meditation, you may begin to find a greater sense of relaxation and perhaps even a happier you!

<b>Location:</b>	Anamax Recreation Center	
<b>Day &amp; Time:</b>	M/W	2 – 3 p.m.
<b>Dates &amp; Fee:</b>	Ongoing	\$4 per class <i>(Free w/Silversneakers® or Mercy Care Advantage Card)</i>

**Register:** No registration, drop-in  
**Instructor:** Wuanita Powers

EVENTS

Canoe Days

August 15 and 16 • 9 a.m. – 2 p.m.



Canoe Days is a free family event presented in partnership with Boy Scout Troop 301 and Rancho Sahuarita. Families can enjoy a day at the lake and a few hours of canoeing, weather permitting.

Fiesta Sahuarita

September 26 • 12 – 9 p.m. • Anamax Park

This annual event celebrates the anniversary of the incorporation of the Town of Sahuarita. This year will mark our 21st birthday! The admission to this event is free. There will be rides, activities for children and families, music, entertainment, as well as arts and crafts and food available for sale. The water park will be back with new rides for an entrance fee of \$1 per person plus a non-perishable food item donation to the Green Valley & Sahuarita Community Food Bank. Children 5 years or under are free with donation of a non-perishable food item.



Spooktacular

October 24 • 6 – 9 p.m. • Town Hall Center

This year’s FREE Halloween festival will be one you won’t want to miss! Bring the family to a fun, safe atmosphere with carnival games, a Haunted House, dancing, Trunk or Treat and a whole lot more!

Winter Festival

Date and time TBA • Town Hall Center

Get into the spirit of all things winter at the Annual Winter Festival and Holiday Parade. In partnership with Rancho Sahuarita, enjoy food vendors, pictures with Santa and much more. For more information regarding the parade, please email Melissa Hinkle at mhinkle@sahuaritaaz.gov.



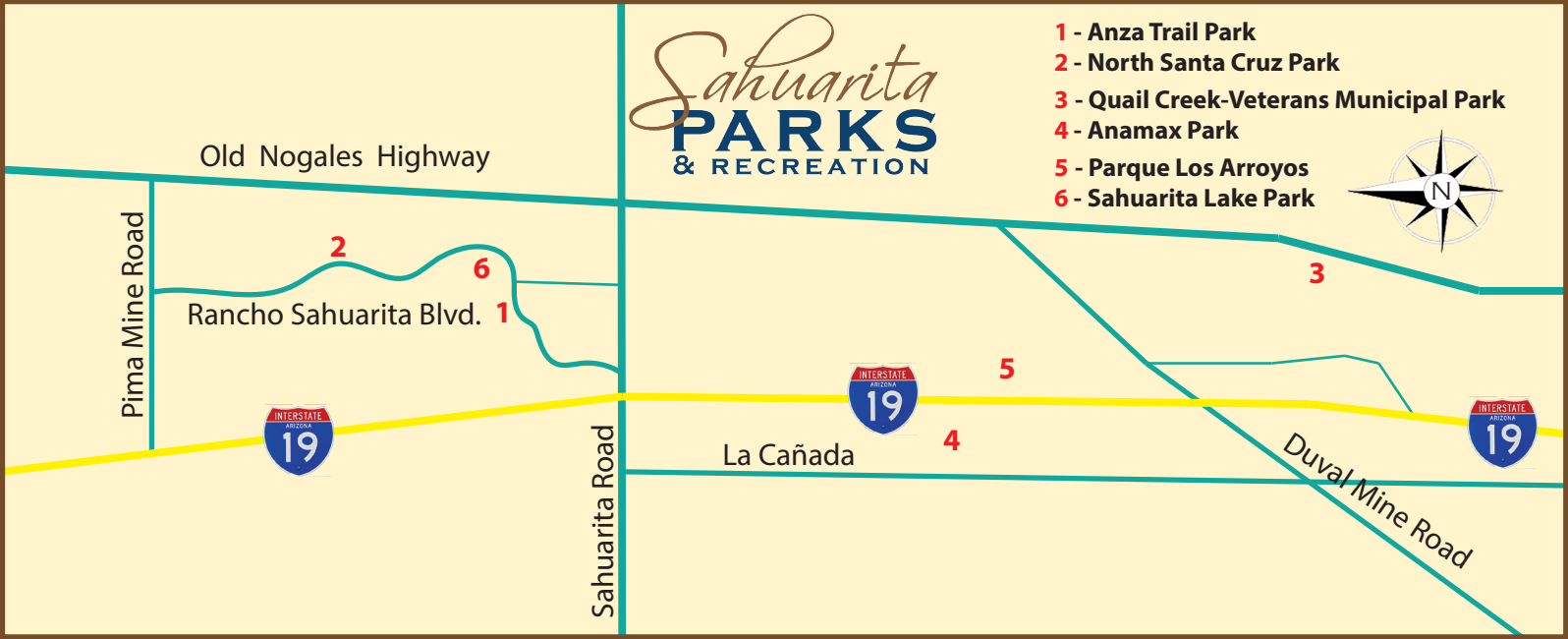
Sahuarita Pecan Festival

November 14 • 9 a.m. – 5 p.m. • Green Valley Pecan Co.

The 7th Annual Sahuarita Pecan Festival will feature the popular Sahuarita Pecan Classic and Nut Run. Come for food, arts and crafts, great music, dancing and family friendly activities. Presented by FICO and the Green Valley Pecan Company. The Green Valley Pecan Company is located at 1625 E. Sahuarita Road.

Sahuarita Teen Advisory Council

Stay tuned. The Sahuarita Teen Advisory Council (STAC) event calendar is coming this fall. STAC is planning a year full of fun events!



## Parks and Ramada Rentals

All six of our parks have ramada reservations available. Sports fields are available to rent at Anamax Park, Anza Trail Park and North Santa Cruz Park. Whether you want to have a birthday party or host a family softball game, we have the facility to fit your needs! Please call 520-445-7850 or come to Anamax Park Recreation Center at 17501 S. Camino de las Quintas to begin the reservation process.

**Business Hours:** Monday – Friday, 8 a.m. – 5 p.m. *Ramada reservations are available online. To reserve a sports field, call 520-445-7850.*

### 1. Anza Trail Park

*Adopted by Fitness 4 Life, FC Sonora  
and Southern Arizona Pickleball Association*  
15490 S. Rancho Sahuarita Blvd.  
Hours: M-F, 4 – 10 p.m.  
Weekends, 7 a.m. – 10 p.m.

Anza Trail Park is a joint-venture park in cooperation with SUSD. This park has three lighted sports fields, two outdoor basketball courts, two tennis courts, a covered playground, public restrooms, a half-mile walking trail, and three ramadas available for rent.

### 2. North Santa Cruz Park

*Adopted by USA Youth Sports*  
14455 S. Rancho Sahuarita Blvd.  
Hours: 7 a.m. – 10 p.m.

North Santa Cruz Park is the newest of our parks. This park contains three lighted sports fields, four ramadas available for rent, a covered playground, a skate spot, an outdoor basketball court and public restrooms.

### 3. Quail Creek-Veterans Municipal Park

*Adopted by BMG Global Enterprises  
& Scout Troops 454 and 328*  
1905 N. Old Nogales Highway  
Hours: Sunrise – Sunset

This park's first phase was built with Quail Creek Community Facilities District Funding. The park has a two-acre dog park, covered playground and covered picnic area. The park is under construction. Visit [sahuaritaaz.gov/ParksandRec](http://sahuaritaaz.gov/ParksandRec) for updates.

### 4. Anamax Park

*Adopted by Copper Hills Little League and AYSO Youth Soccer*  
17501 S. Camino De Las Quintas  
Hours: 7 a.m. – 10 p.m.

Anamax Park is a 23-acre park with four ramadas available for rent, five lighted sports fields, a skate spot, a sand volleyball court, an outdoor basketball court, public restrooms, a covered playground and a one-acre dog park.

### 5. Parque Los Arroyos

*Adopted by Los Arroyos Homeowners Association*  
18225 S. Avenida Arroyo Seco  
Hours: Sunrise – Sunset

Parque Los Arroyos is a seven-acre neighborhood park. This park has three ramadas available for rent, a covered playground, an outdoor basketball court, a public restroom, and a walking path that surrounds the park with several more covered picnic/seating areas along the pathways.

### 6. Sahuarita Lake Park

15466 S. Rancho Sahuarita Blvd.  
Hours: Sunrise – Sunset

Sahuarita Lake Park is a 15-acre park. This lake is part of the Urban Fishing Program. For more information regarding the rules and regulations, contact AZ Game & Fish or see the Town Park rules at [sahuaritaaz.gov](http://sahuaritaaz.gov). Surrounding the lake is a mile-long trail with fitness stations, picnic areas and restroom facilities. The lake is not for swimming. No gas-powered engines are allowed – small watercraft only. The amphitheater is available for rent.